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IN WHICH DANIMAL'S FISH-LIPPED, VODKA-SWILLING WIFE MAKES HER DEBUT PAGE 7

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Mayor Sam Katz, Infrastructure Minister Kevin Chief and Premier Greg Selinger announce funding at a bus stop for the second phase of rapid transit on Tuesday. BERNICE PONTANILLA/METRO

Second phase of rapid transit gets green light

Impasse. Deal held up for three years as province, city negotiated over who will pay what

The City of Winnipeg and the Province of Manitoba have found a way around a funding gap that was jeopardizing the second phase of the city's Rapid Transit project.

Both the city and the province will provide $225 million towards the second stage of the project, which will see the route expanded into the Parker lands area and improvements to Pembina Highway under the Jubilee overpass.

The federal government will be asked to provide around $150 million in funding, totaling about $600 million for the combined transit and underpass project. The feds have previously promised $75 million.

Only a few weeks before, the province and the city had reached another impasse over a potential $20 million shortfall over the project — the last of many negotiations over the past three years.

Premier Greg Selinger said he doesn't anticipate any problems with getting funding from the federal government, noting all the paperwork and plans will be filed before the Dec. 1, 2013, deadline.

"The seven-kilometre second phase of rapid transit in the city will run from Pembina Highway and Jubilee Avenue to southwest Winnipeg (and the University of Manitoba)," reads a joint statement from the city and the province. "Public consultations, and design and engineering work on the project are underway with construction scheduled to be completed in 2019."

Both Selinger and Mayor Sam Katz said doing both components of the project means reduced disruption for south Winnipeggers and will bump up the completion dates by two years.

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NEWS 1

Orphaned. Hudson the polar bear gets new friend

A polar bear cub orphaned when its mother was shot by Manitoba Conservation officers is getting a new home.

The cub's mother was killed earlier this month during a search for another bear that attacked two people in Churchill on Hudson Bay.

Manitoba Conservation says it consulted with scientists and Winnipeg's Assiniboine Park Zoo about what to do about the 11-month-old cub.

It was decided it should be moved permanently to the International Polar Bear Conservation Centre at the zoo.

Manitoba Conservation says the cub would not have been able to survive on its own without its mother.

The female cub is the third polar bear taken from the wild and brought to the zoo in the last few months.

Another 11-month-old cub and a three-year-old animal that attacked a man in September also live at the polar bear centre now. The zoo was already home to two-year-old Hudson, a bear acquired from the Toronto Zoo.

Manitoba has lifted restrictions that only allowed bears under the age of two to be put in zoos. THE CANADIAN PRESS

G.G. honours history buffs

Winnipeggers Matt Henderson, left, and Kelsey Omaga, right, collect their Governor General Awards from Gov. Gen. David Johnston at Rideau Hall Tuesday. Henderson won the History Award for Excellence in Teaching, while Grade 7 student Kelsey won the Kayak Illustrated History Award for a story she wrote and illustrated called The Chinese Labourers. CONTRIBUTED

Hutterites. Tell-all book removed from shelves

Book stores in two southern Manitoba towns have taken a tell-all book by former Hutterite colony members off their shelves after what the authors describe as pressure from nearby Hutterite colonies left staff feeling threatened.

Calls from angry Hutterites led Friesen's Stationary & Books in Altona to refuse to restock Hutterites: Our Story to Freedom, according to the authors, and the Bible Book Shop in Winkler store went even further by taking the book off their shelves and cancelling a book-signing just a day before the event was scheduled earlier this month.

"They were threatening his business," said Cindy Waldner, one of the nine former colony members from Manitoba and North Dakota who co-wrote the account of their escape from colony life. "They said they would not do business with him anymore.

"He even said his staff was scared."

Both stores refused to comment when contacted by Metro Tuesday.

The authors admit similar threats were made to stores in Alberta, Saskatchewan and parts of the U.S. where they stopped on a book-signing tour, but said the two Manitoba stores are the only ones to give into the pressure.

The book includes personal stories about what is described by each author as a corrupted and closed-in society filled with sexism, nepotism and favouritism, and co-author Rodney Waldner worries the bans will mean their message of hope for those still living on colonies will be lost.

SHANE GIBSON/METRO

City pumps millions into St. Vital Centennial pool

Getting a head start on summer. Coun. hopes to quadruple attendance

SHANE GIBSON
shane.gibson@metronews.ca

The St. Vital Centennial Outdoor Pool hasn't seen a drop of revitalization since it was built more than 45 years ago, but that's all about to change with a $3-million splash of cash announced Tuesday.

The city's plans include building a new pool building and refurbishing the pool with new mechanical systems to allow it to stay open later in the season, improvements Coun. Brian Mayes thinks will mean an increase in traffic at the aging facility.

"It's been around since the late '60s and it's never really been updated," said Mayes. "We're projecting to go from 7,000 people a year to three or four times that amount."

The work will get started next spring and will also see a beach entry area with spray features added, a complete redevelopment of the playground area, new pathways built, as well as new pool decking, fencing and landscaping added.

"It's a great day for St. Vital," said Mayor Sam Katz. "And it's going to be an awesome place for people to come to in the summertime."

Users will have to wait until summer 2015 to beat the heat at the new digs as work on the project isn't expected to finish until fall 2014, although the wading pool will be open regular hours during construction.

St. Vital Coun. Brian Mayes shows off what $3 million in redevelopment is expected to look like at the St. Vital Centennial Outdoor Pool after the project is finished next fall. SHANE GIBSON/METRO

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Canopies to revitalize St. James

Streetscapes. Project finds new use for metal trees, aims to finally get them lit

Folks in St. James wondering why huge gaps have been cut into the sidewalk along Portage Avenue can rest easy — the holes are part of a St. James Village Biz (SJVB) project that will eventually see the stretch's notorious metal trees finally utilized.

When all its phases are complete, the Living Canopy Streetscape project will see 10 lit-up plazas complete with benches and 25-foot-tall living trees built into the spots where the sidewalk cuts can currently be found on the north side of the avenue between Queen and Rutland streets.

And, in what will be great news for anybody tired of walking past the dead-looking metal trees that were added along the stretch back in the '90s, those trees will eventually be moved — and finally electrified — to create lit-up canopies.

Funding

The first phase of the project is funded through $250,000 from the city, a $67,000 land-dedication grant from area Coun. Scott Fielding, and about $50,000 saved by the St. James Village Biz's 100 members.

"Part of the reason we're moving the metal trees is so they can have more of a visual impact because they'll be clustered together rather than having one per block like it is now," said SJVB executive director Bryan Metcalfe. "It'll be like a little corridor for walkers, cyclists and shoppers."

The first phase of the estimated $500,000 project should be done by next spring and will see seven of the 10 plazas completed and all the metal trees moved into their new homes. As more funding comes, three more plazas will be built in future phases, electricity will be added to turn on the metal trees and lighting will also be added to each plaza. SHANE GIBSON/METRO

A rendering provided by the St. James Village Biz shows what the large cuts to the sidewalk on Portage Avenue between Queen and Rutland streets will look like when the first phase of the Living Canopy Streetscape is finished. SHANE GIBSON/METRO

No end in sight for Route 90 beautification debate

Dave Angus, chief of the Winnipeg Chamber of Commerce, left, chats with St. James resident Alan Castell after they both appeared in delegation at a city committee meeting on Tuesday. BERNICE PONTANILLA/METRO

The decade-long debate over the beautification of a stretch of Route 90 between Winnipeg's airport and downtown will keep going after a city committee called for more consultations on the project.

On Tuesday, members of the infrastructure renewal and public works committee received a report on fencing designs, landscaping, cost estimates as well as potential funding sources for what has been dubbed Chamber Way.

Dave Angus, president of the Winnipeg Chamber of Commerce, spoke in favour of the plan, arguing that particular route is what many visitors see when they arrive in Winnipeg, and business owners and citizens want to make a good first impression.

"We've been advocating for something to happen along this particular route for quite a while," Angus told the committee, adding it's a two-block stretch of Route 90 between St. Matthews and Ness avenues that the chamber would like to see beautified.

"The project itself has four phases and the fence is really only the first phase. Until we come up with a fencing option, there's really no sense in moving forward."

However, St. James resident Alan Castell criticized this initiative, saying that not enough consultations had taken place with the homeowners in the area.

Castell said many of his neighbours fear that putting up a wall will obstruct the view and encourage garage break-ins and other crime. BERNICE PONTANILLA/METRO

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Ford, Jesus and Kenney

Toronto, Ottawa. Mayor says he's thrown out the booze, top Tory says he's shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He become the first federal cabinet minister to call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said as he left the Commons. Kenney added: "I personally think he should step aside."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

Councillors have slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

THE CANADIAN PRESS

Back on the job (what's left of it): Rob Ford arrives at Toronto City Hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Sun News pulls plug

Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to Torstar News Service that the show is over.

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Sighs of relief in Toronto court. Doctor guilty of molesting 21 sedated women during surgery

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught, who was called a "sexual opportunist" by the Crown, had pleaded not guilty to sexually assaulting each of the women.

Some of Doodnaught's victims were in the packed Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

The assaults reported by the 21 women were similar, generally involving a combination of Doodnaught kissing them, fondling their breasts and putting his penis in their mouth or hand while they were under conscious sedation.

All but one of the assaults happened during surgeries at North York General Hospital, where CEO Tim Rutledge said: "The sacred bond of caring and trust was broken by a doctor who worked here.

"That he did this in an operating room, a place of ultimate trust, is difficult to understand and frankly shocking."

Rutledge apologized to the victims.

Judge David McCombs found Doodnaught's guilt on all the counts "overwhelming." He noted the women did not know each other and were unaware of the particulars of the other patients' stories when they separately came forward.

Doodnaught — known for being "touchy feely," the judge noted — will remain free on bail until sentencing.

A date for sentencing arguments is to be set on Dec. 13.

THE CANADIAN PRESS

Quoted

"Because he was known for his caring approach, OR staff did not consider it unusual for him to be in very close physical proximity to sedated patients."

Judge David McCombs

Montreal election

One vote means she's a winner

Don't ever let anyone tell you your vote doesn't count.

Just ask newly elected Montreal councillor Lorraine Page — who won her seat by a single vote.

A Quebec election spokesperson says a judicial recount confirmed that Page captured her north-end district on Nov. 3 by one ballot.

THE CANADIAN PRESS

Police in Mexico

Silence please, you're arrested

Members of a police force in Oaxaca, Mexico, can't hear or speak.

The Angels of Silence operate the city's surveillance cameras to look for street crimes.

Cynthia Zepeda, director of Oaxaca state's emergency services, said the officers have a highly developed visual sense.

"They allow us to notice situations that maybe a person who doesn't have that disability wouldn't notice. They read lips and can perceive suspicious movements in people," Zepeda said.

THE ASSOCIATED PRESS

Broke church law

Pastor stands firm on gay rights

A United Methodist minister convicted of breaking church law by officiating at the same-sex wedding of his son in the U.S. said Tuesday he is unrepentant.

He said he has been called by God to be an advocate for the rights of gays, lesbians, bisexuals and transgendered people.

Rev. Frank Schaefer, testifying at the penalty phase of his church trial, refused to promise he wouldn't perform another same-sex union. Three of his four children are gay.

The church "needs to stop judging people based on their sexual orientation. We have to stop the hate speech. We have to stop treating them as second-class Christians," he told a jury of fellow United Methodist pastors in Pennsylvania.

THE ASSOCIATED PRESS

Ottawa. College takes heat for its new men-only campus in Saudi Arabia

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10 community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come.

With a student body of 850 in its first year of operations and enrollment expected to rise to 2,500 by year three, Algonquin College's Jazan campus revenue is predicted to exceed 100 million riyal, or $25 million, over the next five years. The college hopes to expand the number of courses it offers.

Algonquin lost on its bid to open a school exclusively for women, but has submitted a second bid for 2014.

"This is apartheid," said Jack Wilson, vice-president of OPSEU who teaches Police and Public Safety.

DENIS ARMSTRONG/
FOR METRO IN OTTAWA

Russian probe

Plane crash due to faulty flying

The pilots of a Boeing 737 that plunged into the ground at Kazan airport lost speed in a steep climb then over-compensated and sent the plane into a near-vertical dive, according to a preliminary report released Tuesday by Russian aviation experts. All 50 people aboard were killed.

The Moscow-based Interstate Aviation Committee, which oversees civil flights in much of the former Soviet Union, said the engines and other systems were working fine until the moment the plane crashed Sunday night.

THE ASSOCIATED PRESS

Suicide bombers kill 23 outside embassy in Beirut

Lebanese people gather at the scene of two explosions near the Iranian Embassy in Beirut on Tuesday. BILAL HUSSEIN/THE ASSOCIATED PRESS

Clashes. Lebanese Sunnis largely back the rebellion in Syria while Shiites tend to support Assad — and the tensions have flared into bloodshed

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attache, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon.

An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

The mid-morning blasts hit Beirut's upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

In recent weeks, Hezbollah fighters have backed Assad's troops in a series of victories over rebels, taking back a string of rebel-held towns in Syria. Shiite Iran is the main Mideast backer of Assad's government, believed to be providing it with key financing and weapons.

Senior Hezbollah official Mahmoud Komati told reporters at the scene that the attacks were a direct result of the "successive defeats suffered by (extremists) in Syria."

THE ASSOCIATED PRESS

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MEDICATIONS RETURN PROGRAM

A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7. A TransCanada Corp. executive says rail will be used more often to transport oil if the Keystone pipeline project is not approved. PAUL CHIASSON/THE CANADIAN PRESS

If Keystone XL pipeline denied, rail will be used

TransCanada Corp.

Exec warns company on track to transport more oil by railway if controversial project gets turned down

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil." THE CANADIAN PRESS

Stopgap measure

"We have really ramped up our business development activities working with rail companies."

Alex Pourbaix, president of energy and oil pipelines for TransCanada Corp. He sees rail as a way to fill the gap until pipelines are built.

Train troubles

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

- But scrutiny over the safety of that mode of transport has intensified after a series of high-profile events this year. Most notably, a train laden with oil from North Dakota's Bakken region crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

#justjoking? Minister of employment posts, then deletes anti-union tweet

Shortly after midnight Tuesday, Canada's minister of employment took to Twitter to thank his staff for working overtime.

"Just wrapped up a meeting with several staff members, at midnight," Jason Kenney tweeted. "Good thing they're not unionized!"

Twitter users pounced on the minister, calling him "an uncaring boss" and accusing him of "union bashing." Others claimed the tweet was evidence of an anti-labour bias amongst federal Conservatives.

Unifor president Jerry Dias said Kenney's comments were "arrogant" and inappropriate given that roughly one in three Canadians belongs to a union.

Jason Kenney
@kenneyjason
Just wrapped up a meeting with several staff members, at midnight. Good thing they're not unionized!
-Insufferer

Employment Minister Jason Kenney claimed this Twitter posting, later deleted, was a joke. TWITTER

Kenney quickly backpedalled, deleting the tweet and replacing it with one that lacked any reference to unions. He later referred to the remark as a joke, and said it "wasn't intended as a political comment."

As for Kenney's staff, Dias suggested they consider joining a union. LUKE SIMCOE/METRO

Calling for an apology

"He should be apologizing ... He just insulted 10 million Canadians. He just insulted the entire middle class."

Unifor president Jerry Dias, on Jason Kenney's tweet.

Random biz fact of the day

46%

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization; 45 per cent say it plays somewhat of a role. CAREERBUILDER

Market Minute

DOLLAR 95.50¢ (-0.36¢)

TSX 13,442.60 (-15.46)

OIL $93.34 US (+31¢)

GOLD $1,273.50 US (+$1.20)

Natural gas: $3.55 US (-6¢)
Dow Jones: 15,967.03 (-8.99)

France

Ikea's top brass spied on workers, shoppers: Report

Officials say senior executives of Ikea France are in police custody over allegations that they illegally spied on employees and customers.

Ikea France has fired four employees and instituted a code of conduct in response to the investigation. French officials close to the case said Ikea France CEO Stefan Vanoverbeke and its finance chief, Dariusz Rycher, were apprehended Monday. THE ASSOCIATED PRESS

American Thanksgiving

Butterball baffled by bony birds

Butterball apparently has a big fat mystery on its hands: The company says it doesn't know why some of its turkeys wouldn't plump up in time for Thanksgiving in the U.S. this year. THE ASSOCIATED PRESS

Americans are facing a shortage of big Butterball birds. GETTY IMAGES FILE

Michael Bloomberg

NYC bans tobacco sales to under-21's

Mayor Michael Bloomberg signed landmark legislation Tuesday banning the sale of tobacco products to anyone under the age of 21, making New York the first large city or state in the country to prohibit sales to young adults.

During a brief ceremony at city hall, Bloomberg said raising the legal purchase age from 18 to 21 will help prevent young people from experimenting with tobacco at the age when they are most likely to become addicted. THE ASSOCIATED PRESS

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Day 13

metronews.ca/temp

Sick daze

In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

• Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.

• Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO

ISTOCK

Woe befalls Walmart

Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. THE ASSOCIATED PRESS

Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permanente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital ..."

"Seriously?"

"I may be aging gracelessly, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...

Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM

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JUST SAYIN'

Paul Sullivan
metronews.ca

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in a single, coma-inducing couch session, and "olinguito," the cute, little, previously-unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies 'cause I was like — bored — when I came across a program about the olinguito, which, was, like, just discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed, but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather elbow-patched jackets monitor the world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

ZOOM

Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a $45 lens from an old camera to capture the beautiful shapes of snowflakes.

Kljatov's images prove that no two snowflakes are alike, but it's down to atmospheric factors that give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity.

METRO

COURTESY ALEXEY KLJATOV

Photog's viewpoint

"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall."
Alexey Kljatov

Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV

Clickbait

ANDREW FIFIELD
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Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.

A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/FLICKR

Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a mightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk.(bigfreedia.com)

Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.

Twitter

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatevs. Nominate a word of the year for our Best Of List

@Canucklehead_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@CHFIErin: Anything but "adorbs". It's just "ridic".

@Xenojay: At least it's not "duckface"? #Selfie #WordOfTheYear #HumansAreTerrible

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Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC
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Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the frontman of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

Aftermath: Owens' fan-to-frontman story inspired the Mark Wahlberg movie Rock Star.

David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

Aftermath: "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."

ALL PHOTOS GETTY IMAGES

J.D. Fortune

After hearing guitarist Tim Farriss tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native who never had much luck with office jobs and once paid the bills as an Elvis impersonator.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

Aftermath: INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band. But you only really know how much they love you when they ask you back, as they did in the early '90s to record Dehumanizer.

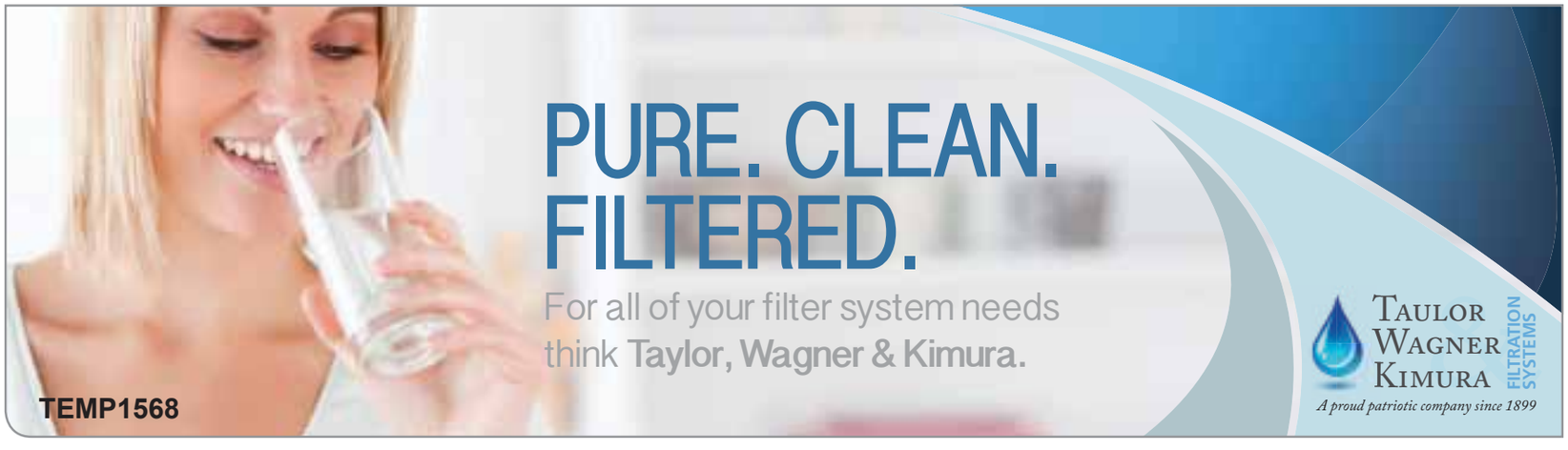
Aftermath: Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.

Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.

Aftermath: Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.



Stanley Tucci — endlessly interesting

Catching hire.
Hunger Games actor finds success in a diverse number of Hollywood roles.

IN FOCUS
Richard Crouse
scene@metronews.ca

Stanley Tucci plays TV host Caesar Flickerman in The Hunger Games films. CONTRIBUTED

Is Stanley Tucci the busiest actor in Hollywood? This year alone added five movies to his IMDB page with five more in the pipeline for 2014.

This weekend in Hunger Games: Catching Fire, he plays Caesar Flickerman, the elaborately coiffured host of The Hunger Games television broadcasts. Despite being disguised with wild wigs, fake teeth and plenty of bronzer, it is unmistakably Tucci, one of the most interesting actors working today.

He made his big screen debut in the 1985 gangster comedy Prizzi's Honor followed by several years of dues-paying stage work and movie roles like Second Dock Worker in Who's That Girl before landing recurring spots on Miami Vice and Wiseguy.

A succession of supporting roles lead to the one-two punch that made him a name actor. Producer Steven Bochco's television drama Murder One cast Tucci as Richard Cross, a Machiavellian multimillionaire accused of the strangulation of a 15-year-old girl.

The following year a much different part earned him an Independent Spirit Award nomination for best actor. In The Big Night he plays Secondo, owner of an Italian restaurant called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima. If Prima shows up the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made — you'll want to go for risotto afterward — but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Since then Tucci has played everything from villains — strangling a Supreme Court justice in The Pelican Brief — to a flamboyant nightclub manager in Burlesque, to the God of wine Dyonisius in Percy Jackson: Sea of Monsters to Puck in A Midsummer Night's Dream. Opposite just Meryl Streep alone he's played everything from a gay art director in The Devil Wears Prada to Julia Child's loving diplomat husband Paul in Julie & Julia.

In 2010 he received his first (but probably not last) Oscar nomination for his work in The Lovely Bones. He played the murderous Mr. Harvey, all twitchy movements and squeaky voice; he was Norman Bates without the overbearing mom.

"I don't like to watch things about serial killers or kids getting hurt," he said, "but this was something beyond that. It was an exploration of loss and hope."

Fandemonium

Seven hundred fans of the popular book trilogy The Hunger Games spent the weekend camped out on the concrete in front of L.A. Live plaza.

- they were rewarded with games, celebrity meetings and tickets to Monday's premiere of The Hunger Games: Catching Fire.

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Hello Mr. Bond, he's been expecting you

You only live twice.
Screenwriter's decades-long legal battle kept famous James Bond super villain Ernst Blofeld in the dark, until now (maybe)

MATT PRIGGE
Metro World News in New York City

Donald Pleasence as James Bond's archenemy Ernst Blofeld in the 1967 adventure movie You Only Live Twice. CONTRIBUTED

It's been 30 years since James Bond super villain Ernst Blofeld terrorized movie screens. Predictably, you can blame a lawsuit.

For 50 years a legal battle ensued with screenwriter Kevin McClory, who died in 2006. But word has come that his estate has settled with Bond studio MGM and production house Danjaq. This means — but does not ensure — that in the 24th Bond film, to be released in late 2015, Daniel Craig may get his own shot at fighting Blofeld.

Though he appeared in six of the movies (seven if you count the non-canonical Never Say Never Again), Blofeld — head of the mysterious and powerful criminal circuit SPECTRE — was only in three of Bond creator Ian Fleming's novels. The book that introduced him, Thunderball, was not an original but rather a novelization of a script Fleming had written with others in the 1950s, in a failed early attempt to bring Bond to the screen.

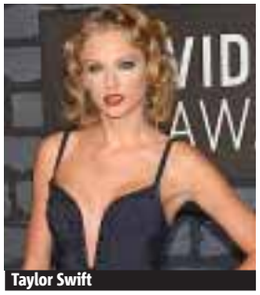
Fleming and McClory created Blofeld in tandem, and as early as 1961, when the book was published, McClory sued Fleming for not giving him proper credit.

The lawsuit was resolved out of court, and Blofeld — who changed physical appearances (and actors) but, at least on film, usually kept the tight-fitting grey suit and yen for cat-stroking — wormed his way into the Bond-iverse.

Through the '60s and '70s, McClory tried to circumvent his settlement to launch his own Bond franchise, which would duel with the existing one over at Eon Productions.

In the early '80s McClory and conspirators were able to get one film off the ground, but he was only legally allowed to do a version of Thunderball. That film was Never Say Never Again and it was the last the world saw of Blofeld.

This new settlement may change that. Or maybe it won't. Perhaps we'll have to wait for another few films until the relaunched franchise gets to him. Or maybe he'll dominate the next film, to be directed by Skyfall helmsman Sam Mendes. Feel free to hold your breath.



Taylor Swift

Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as $13.5 million.) "The properties that Swift has looked over are huge houses, complete with panic rooms and everything."

Demi Lovato

Sorry world, even Hannah Montana has to grow up

How can Demi Lovato put this nicely? All of Miley Cyrus' tongue-wagging, naked antics might be distracting attention from her singing. "A lot of artists take that route of shock value and that's totally fine and that's great, but I think that she has an incredible voice that's overshadowed by some of the things that she's doing," Lovato tells Katie Couric during an interview.

Still, she's sympathetic to her longtime friend. "I think that the world needs to get over the fact that she was Hannah Montana when she was 16 or whatever," the former child star says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The dictionary people just want to be friends with celebrities

MELINDA TAUB
Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It seems like everyone who is anyone has posted a selfie somewhere on the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is The Word, after all. The Word's word of the year could totally be a thing.

I have to admit that the art of selfies has been significantly refined this year. Celebs like Chris Pratt and Kim Kardashian use them to show off their slammin' bods. Beyoncé debuted a bold new haircut. Miley Cyrus took one in a wedding dress, apparently to quell rumours that her engagement to Liam Hemsworth was in trouble (it was, of course). And, of course, regular folks took selfies too. Usually at funerals.

Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO (World Health Organization) high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Brittany Murphy. ALL PHOTOS GETTY IMAGES

Heavy metals such as those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and once they were hitched, Murphy started to act increasingly strange and appear increasingly gaunt. Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed for his behaviour.

To make it even weirder, Sharon Murphy, Brittany's mother, continued to live with Monjack after her daughter's death, even sharing a bed with him. **DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY**

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The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS

5 Free things to do in Montreal

Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.

Montreal Museum of Fine Arts

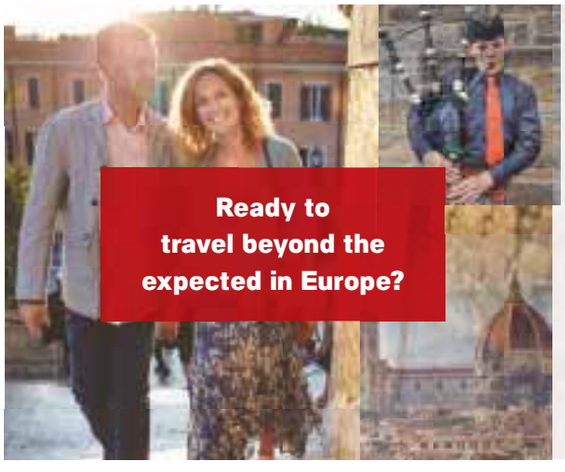
The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.

Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.



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Beaver Creek.
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ANDREW DOBSON
life@metronews.ca

Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledding and winter fly fishing.

Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a photo booth and two balloon drops.

The Pines Lodge

Nestled among ancient aspen and pine groves on the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush bathrobes and RockResorts Spa products.

Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soaking tubs and fireplaces.

Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location.

The decor is classic Rocky Mountain lore, complete with bear skin hide, antique ski and snow shoes, a deer bust, framed cowboy-loving landscapes and elk antler chandeliers.

The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate paired with a live band that croons moody Gordon Lightfoot ballads.

Treat yourself

Those looking for a bit of pampering should book themselves into the Allegria Spa at The Park Hyatt.

Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium — a warm room heated by an underfloor heating system. From the spa menu, signature treatments include a Ginger Peach Cure and Slumber Massage.

Come fly with me!

Air Canada recently announced non-stop winter service from Toronto to Vail/Eagle Airport commencing Dec.14, which means Ontario-based ski bums now have an opportunity to conquer new North American moguls and mountains this ski season.

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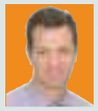
Winter getaways

How to choose your Hawaiian island



ON THE MOVE
Loren Christie
life@metronews.ca

If the onset of winter has you searching for the sun, may I suggest Hawaii? Far more than Florida without Disney World, each of the state's six main islands has a distinct flavour that will give you a true taste of paradise.

Oahu is home to the capital of Honolulu, a city of first class restaurants, hopping nightclubs and the world famous Waikiki Beach. Second World War history buffs will appreciate touring the sites of Pearl Harbor, while those looking for a quieter spot should check out the local surf culture on the North Shore of the island.

Kauai is quiet and subdued in contrast to Oahu.

The lush "Garden Isle" is an upscale island perfect for breathtaking hikes or lounging on the beach. If you can afford to splurge, a helicopter ride is the perfect way to take in the island's incredible waterfalls.

Maui is a blend of Oahu and Kauai, offering a wide variety of accommodation options, cultural activities (a luau is a must) and the most swimmable beaches in the state. The twisty and incredible scenic road to Hana is a must-do stomach turner. Local chefs, using the traditional Mom and Pop surf-side food shacks as their inspiration, are credited for leading the Hawaiian regional food movement.

The Big Island, best known for the active Mauna Kea volcano, is home to Hawaii Volcanoes National Park.

The island has little in the way of sand beaches, but does offer an incredible topography of black lava rock and stunning ocean views.

Sport fishermen and golf enthusiasts will enjoy the outdoor activities while those looking to relax with a good cuppa will enjoy he locally grown Kona coffee.

Molokai, with no traffic lights and minimal accommodation, is a step back in time.

The island, partially surrounded by a 28-kilometre fringe reef, is a great base for whale watching. Motorized thrill crafts are banned between Dec. 15 and May 15 as the ocean according to one local, "turns into whale soup."

Lanai, a former pineapple plantation, is the smallest of the islands. Apart from two large Four Seasons resorts there is very little on the island. It is the ideal place to come relax and admire the natural beauty. Although visiting all the islands on one trip is too ambitious, Lanai makes a nice two or three day add on.

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Chicken Pot Stickers go from blah to yum with a drool-worthy filling

Chicken Pot Stickers

This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before serving.

Ingredients

Sauce
- 1/2 cup Hoisin sauce, divided

Filling
- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion
- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any remaining stock. Serve with the remaining sauce. Garnish with cilantro. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per serving: 81 calories, 15 g carbohydrates, 0.6 g fibre, 4 g protein, 0.6 g total fat, 0.1 g saturated fat, 12 mg cholesterol, 230 mg sodium

Drink of the Week

Spiced Mexican Coffee

- 4 cups (1 l) water
- 6 cinnamon sticks
- 2 vanilla beans, split
- 1 tbsp (15 ml) honey
- 1/3 cup (75 ml) finely ground Viennese or Italian roast coffee
- 6 packets Pure Via sweetener
- 3/4 cup (175 ml) 1% low fat milk, steamed

Combine water, cinnamon sticks, vanilla beans and honey in 3-quart (3 l) saucepan. Heat on medium heat to boiling, stirring frequently. Stir in coffee and Pure Via sweetener. Remove from heat. Let steep 5 minutes. Strain coffee into six small mugs. Discard cinnamon and vanilla. Top evenly with steamed milk and serve.

NEWS CANADA/ PUREVIA.CA

Dinner. Chicken Fettuccine with Veggies

1. In skillet, melt 15 ml (1 tbsp) butter over medium-high heat; sauté chicken, garlic and Italian seasoning 8 minutes or until chicken is browned and no longer pink inside. Transfer to a bowl; set aside.

2. In large pot of boiling, salted water, cook pasta 10 minutes or until al dente.

3. Return skillet to medium-high heat; add remaining butter. Sauté onion and mushrooms 5 minutes or until onion is translucent. Sprinkle with flour; stir in pepper and salt and cook, stirring, 2 minutes. Gradually stir in milk and cream; cook, stirring, 5 minutes or until creamy, smooth and thickened. Remove from heat; stir in cheeses.

4. Drain pasta and return to pot. Pour in sauce, reserved chicken, tomatoes and sour cream and toss to coat. THE CANADIAN PRESS/ HENRY STAM OF REHOBOTH FARMS IN GRUNTHAL, MAN. FOR MILKCALENDAR.CA

Ingredients

- 30 ml (2 tbsp) butter, divided
- 2 boneless skinless chicken breasts, cut into thin strips
- 2 cloves garlic, minced
- 15 ml (1 tbsp) dried Italian seasoning
- 300 g (10 oz) fettuccine pasta noodles
- 1 small onion, diced
- 4 to 5 small mushrooms, sliced
- 30 ml (2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) pepper
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) 10% cream
- 250 ml (1 cup) shredded mozzarella cheese
- 75 ml (1/3 cup) grated Parmesan cheese
- 2 tomatoes, diced
- 125 ml (1/2 cup) sour cream

Ancient Mughlai cuisine on your modern kitchen table

Chicken Korma is a mild, aromatic and creamy curry dish originating from ancient Mughlai cuisine.

Often served at weddings or special occasions, its wonderful flavour comes from blending a number of spices with a mix of almonds and yogurt.

Ingredients

- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) vegetable oil
- 1 onion, finely chopped
- 1 tbsp (15 ml) minced garlic
- 1 1/2 tsp (7 ml) minced ginger root
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) garam masala
- 1/4 tsp (1 ml) ground turmeric
- 2 tbsp (30 ml) ground almonds
- 2 tbsp (30 ml) tomato paste
- 1 1/4 lbs (625 g) boneless skinless chicken breasts, cut into 1-inch (2.5 cm) pieces (about 3 cups/750 ml)
- 1 cup (250 ml) plain yogurt, whisked until smooth
- Salt to taste
- Pinch of dried fenugreek leaves
- Chopped fresh cilantro

1. In deep non-stick skillet, heat butter and oil on medium-high heat until butter melts. Add onions and sauté 2 minutes or until soft and fragrant. Add garlic, ginger, coriander, chili powder, garam masala and turmeric; sauté for 30 seconds or until fragrant, being careful not to burn.

2. Stir in almonds and tomato paste, and sauté for 2 minutes to blend well with the spices. Stir in chicken and sauté until lightly browned on all sides, about 3 to 4 minutes.

3. Stir in yogurt; cover, reduce heat to medium and simmer for 6 to 8 minutes until chicken is completely cooked through. Season with salt and sprinkle dried fenugreek leaves. Cook covered for 2 to 3 minutes or until the mixture comes to a boil. Garnish with cilantro.

DAIRYGOODNESS.CA

This recipe serves six. DAIRYGOODNESS.CA

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PowerPoint personalities: Meet the four faces of a fantastic workforce

Who do you think you are? Identifying your personality type can help you focus your career down a path best-suited to you

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When all four personality types are represented within a company, great outcomes are guaranteed. ISTOCK

In a competitive job market, it's important to show employers that you have what it takes to become a valued member of their team.

Employers look beyond hard skills and experience — they also want to know if your personality type will suit their needs, and will sometimes even conduct personality tests during the hiring process.

So, how can you identify your personality type?

Software Advice CEO, Don Fornes, along with psychiatrist Dr. James Maynard and researcher Holly Regan, found that top-performing employees can be categorized into one of four desirable personality types: The Giver, the Champ, the Matrix Thinker and the Savant.

The Giver

This employee puts the needs of others before their own.

They work hard and frequently go above and beyond what is expected of them.

Their pleasant nature and eagerness to please is often appreciated, but they can be prone to burn out because of their tendency to take on extra work and put others first.

Givers are team-players, non-confrontational and conflict-averse.

When Givers are stressed, they tend to suffer silently because they don't want to rock the boat.

They may possess good leadership skills, but usually would rather be in a support role.

Givers can improve their job performance by establishing a clear understanding of work priorities and expectations with team members and managers.

The Champ

An enthusiastic people-person — many successful salespeople and politicians are in this category.

Champs are driven, confident, motivated and skilled at reading people's emotions. Champs prefer to be independent and strive toward personal success.

They sometimes have difficulty working towards a team or group objective. While Champs believe in themselves and the companies they work for, they can develop an inflated ego and they often have a chip on their shoulder from past hardships.

This can lead Champs to be stubborn and belligerent with management and fellow employees.

Where possible, an office Champ should learn more about other coworkers' responsibilities through teamwork or job shadowing. This will help them develop a sense of perspective.

The Matrix Thinker

This is a creative employee who often thinks outside the box.

A Matrix Thinker is a clever problem-solver and an innovative connector of ideas. The Matrix Thinker can be a revolutionary, but can also be disorganized, impulsive and easily distracted.

They may have difficulty completing projects on time because of their tendency to constantly jump from idea to idea.

This personality type often has difficulty relating to co-workers. They prefer to work alone so that they can have control over their projects and have difficulty handling criticism.

Matrix Thinkers should push for the time and resources they need to do the innovative work that makes them so valuable — and then deliver results.

The Savant

This is a team member who is really, really good at what they do.

- They have incredible focus and are determined to become experts in their field. Savants are most successful when working in a field that involves intensive knowledge of a specific topic.
- They are often skilled writers, researchers and engineers. Savants are perfectionists and may have trouble dealing with opposition to their expert opinion. They are often introverted and suffer social anxiety.
- A workplace Savant should try and integrate with their team. Participating in team projects and activities will help them build a rapport and exercise their social skills.
- Recognizing these personality types in the workplace can help you identify where your contributions provide the most value and targets areas of potential growth.

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When dealing with email communication it is crucial to conduct yourself in a professional manner.

Everyone has received an email lacking a salutation or sign-off and only a bare attempt at capitalization, grammar or sentence structure.

If these habits continue when the sender enters the workforce he or she will find that this unprofessional behaviour can have a significant and negative impact on career prospects.

If you take the time to write accurate, concise and respectful emails you will be perceived in a better light and will likely receive more positive and helpful responses.

Here are some tips to help you create a professional image and manage your email:

Compose
When writing emails it is always best to err on the side of formality. Professional emails should include accurate punctuation, capitalization, sentence structure, grammar and spelling.

If you are not sure how to address someone, start with the most formal option like Dear Ms. Smith, then wait for the reply to determine how to address further correspondence.

For professional communication emoticons, abbreviations and slang acronyms like LOL are too informal.

Insert the receiver's address last. This ensures that you do not accidentally send an incomplete email or forget an attachment. This is particularly important when dealing with a sensitive topic.

Better yet, if a topic is sensitive, don't send an email; go and talk directly to the person in order to avoid a misreading of your tone or intent.

Format
Avoid the use of wallpaper or colourful fonts that are distracting and slow down the receiver's ability to process the message.

When it comes to font type and size stick with the basic serif fonts, such as Times New Roman, or sans-serif, such as Arial, in the 10-to-11-point range.

Reread messages before sending. This allows you to check the tone and content of the message from the reader's perspective and enables you to catch mistyped words — such as god instead of good — that will not be caught by your spell checker. An articulate, concise and accurate email tells others that you are intelligent, professional and detail oriented.

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If you develop a strategy for effectively managing the emails that you receive, you will waste less time and be responsive, organized and less stressed. ISTOCK

The cleaning of the comp

- **Keep your inbox tidy.** Use electronic folders to archive messages that you may need to refer to in the future. Keep the inbox for current items that you need to deal with. This will help you feel organized and less overwhelmed and stressed.
- **Open an email once.** Don't waste your time by reading an email and then leaving it to sit because you don't feel like answering it only to have to return to the same email later. Have a one-touch policy for each email: open it, answer it and then delete or file it.

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GET INTO THE GROOVE AT THE ROYAL GEORGE

The Royal George Hotel is proudly recognized as one of the top music venues in Winnipeg's live music scene and is only one of a handful of settings in Canada that offer live music seven nights a week that host a variety of musical genres.

Once known as a blues bar alongside Winnipeg's nostalgic Blue Note Cafe, the Royal George has expanded its acts to include Top 40, country, folk, and good old rock 'n' roll.

Each night of the week features something different. The Royal George offers a place for musical connoisseurs to enjoy big name acts in an intimate, acoustically vibrant environment. It's also a place for guests to hang out with friends, catch a game, play some pool, darts, VLTs, have a few cocktails, and hit it up on the dance floor.

Established in 1913, the Royal George commemorates its musical history and community spirit with a collage of records, signed pictures, and memorabilia that grace every square inch of its walls.

The "George" is definitely a venue worth checking out and will always be the local pub for Transcona residents, but it is also the place for Winnipeggers and Manitobans alike to come and enjoy an evening of live music in a friendly, comfortable atmosphere.

The owners pride themselves in celebrating Winnipeg's historic roots in music, and nowhere is this celebrated more than at the Royal George. You will be amazed at the acts that have played this venue, and the talent that is booked to take the stage in the near future. As well, upcoming musicians often take the stage to hone their craft.

Music greats and hall of fame legends have donated valuable awards, records, and artifacts in recognition of the outstanding quality music venue that the Royal George signifies in the Winnipeg music scene.

Check out the events calendar at royalgeorgehotel.ca/ for upcoming shows. The staff ensures posts are updated regularly to enable guests to keep up-to-date on musical offerings every night of the week. You just never know who might pop by while you are at the Royal George.

OPEN DAILY

The Royal George Hotel is located at 123 Regent Ave. W. Hours of operation are: Monday to Saturday, from 10 a.m. to 2 a.m., Sunday, from noon to 9 p.m.

CONTRIBUTED

AN INCREDIBLE TRIBUTE TO WINNIPEG'S MUSICAL TALENT

The Royal George Hotel and the Transcona area have a distinct, rich heritage.

Interestingly, in 1913, Transcona was incorporated as a township while the Canadian National Railway shops were under construction. The town was flooded with workers whom were hired to build the railway and the CN shops and many required room and board. The demand for accommodations grew substantially, therefore, a number of hotels needed to be built to provide lodging for the men who worked in construction.

In 1913, the Royal George Hotel (originally known as the Royal George Court) was completed and fit the needs of its guests to a "T." This year, not only will the Royal George celebrate its centennial, but the anniversary of Transcona's 100th will be celebrated as well. Very few businesses have stood the test of time and the Royal George Hotel is thrilled to be among an elite few local businesses to celebrate such a long-standing accolade.

Over the past 100 years, the Royal George has experienced many owners, all of whom have pledged to respect the properties' heritage and are fully committed to celebrating the hotel's history well into the future. The owners ensure that world-class acts of all genres are booked for their guests to enjoy and are proud to be celebrating the hotel's centennial.

CONTRIBUTED

Although a few things have changed throughout the years, one simply must take in the incredible tribute to Winnipeg's musicians and their music in the eclectic display of memorabilia.

Guests will also find a well appointed stage and large dance floor. And the most interesting addition to the decor by the pool tables is a row of seating taken from the back of an old Greyhound bus, which you simply must see.

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HELP THE 'GEORGE' CELEBRATE ITS CENTENNIAL

The Royal George's centennial celebrations span continue through to Sunday. Don't miss musical greats Junior Brown and the Chris Bigford Band as they take the stage and ring in the next 100 years of history at the Royal George Hotel.

Visit the fireplace area and take in the collection of celebrity auction bowls co-owner Greg Pester obtained in support of Winnipeg Harvest. You will find hand-painted bowls created by country music artist Alan Jackson, race car great Richard Petty, musical legends Phil Collins, John Mellencamp, and one from Canadian rockers Nickelback.

Located in the billiard area is a nostalgic collection of album covers a late friend of Pester's devotedly set upon the walls. You will find early vinyl covers from the talents of Burton Cummings, The Guess Who and MacLean and MacLean, to name a few.

Before the show, have a seat in the bar's football helmet chair as you catch a game on the adjacent screen since there is always a game on at the "George." Visit the smaller bar area where the VLTs are located and view what Pester calls his "mini bar," a unique collection of miniature liquor bottles encased their Plexiglas housing. Look up as you enter this area — you will find a vintage train you surely won't want to miss.

Enjoy your brew at one of the hand-made hammered beer cap tables lovingly created by one of Pester's talented friends. Check out the array of sports jerseys and team collections as the Royal George is very involved and proudly supports the community by sponsoring a myriad of baseball, bowling, hockey, billiards and dart teams.

Whether you are lover of live talent, a musical connoisseur, enjoy playing VLTs, a game of billiards or want to take in the unique sights and sounds of this glorious establishment, there is something that will pique your interest at the Royal George.

INJECTING NEW LIFE INTO TRANSCONA

Although the Royal George Hotel has an established history, the year 2000 is when the "George" re-established itself and injected new life into the Transcona bar scene by way of new owners and their collective histories in the hotel business.

CONTRIBUTED

Business partners Rick Penner and Isaac Leger owned and operated the Windsor Hotel for many years prior to purchasing the Royal George. They realized they needed a niche, which came in the form of inviting new partners Boyd Newton and Greg Pester. Newton certainly left his mark, but today Pester's love of music, experience in booking top talent and collecting nostalgia continues.

"I had to think about their offer, but in the end, I knew this was my calling," Pester says. "I went from selling carburetors to beer and I love every minute of it."

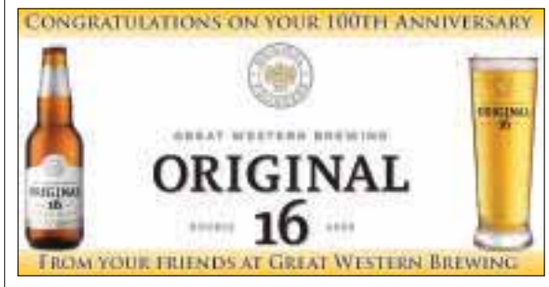
In the span of 13 years, Pester has amassed an amazing collection of memorabilia that adorns every inch of the interior. Patrons, friends and artists have added to the mix, but Pester's love of a good find and his passion for music is what drives his mission to find that next unique addition to the mix.

Most notably, the acoustic guitar Pester's 89-year-old mother, Marty, an accomplished musician herself, played with her all-girl band Side Saddle has a prominent place on the wall to the right of the cosy fireplace.

Although Pester admitted he is "just a guitar player," he managed to find a spot on the ceiling to display his childhood accordion, which is an interesting contrast to the items displayed around it.

Hand drawings by artists, band shirts and a vast collection of signed photographs mesmerize guests, music lovers and musicologists alike.

Allow yourself a few moments to go back in time by visiting the Royal George — let your mind wander and your eyes feast on the walls as you fondly reminisce in Winnipeg's historical music scene.



Ticats' Grey Cup run a family affair for Burris

Henry Burris runs the ball during the CFL East final in Toronto. Burris has endured wholesale changes in Hamilton this year, leading his team to this Sunday's Grey Cup in Regina. NATHAN DENETTE/THE CANADIAN PRESS

CFL. Ahead of clash with Roughriders, Hamilton QB and clan embracing football folklore

Henry Burris is thrilled to have delivered Hamilton Tiger-Cats fans their first Grey Cup berth since 1999. But now the 38-year-old quarterback can give his youngest son, four-year-old Barron, the opportunity to learn about the Cup's rich history.

"I asked Barron on Thursday night when we were talking, 'Do you know what the Grey Cup is,' and he was like, 'Daddy, no, I don't know what it is,'" Burris said. "When he said that, I almost went to tears."

Barron will be able to experience it all first-hand, thanks in large part to his father. Burris threw for 371 yards and three TDs to rally Hamilton to a wild 36-24 win over the Toronto Argonauts in the East Division final Sunday. The Ticats will face the Saskatchewan Roughriders in the Grey Cup on Sunday in Regina.

Burris's oldest son, Armand, had the chance to experience a Grey Cup in '08 when Burris led the Calgary Stampeders to the CFL championship. But Barron wasn't yet born so this will be his first Grey Cup experience.

Forget about the ring or $16,000 winner's share — seeing his youngest son soak it all in and being there to experience it with him is priceless for Burris.

"They (your family) go through all the sacrifices, being in the stands when people are getting after you saying all types of things about their Daddy, this is what it's all about at the end of the day," Burris said after Sunday's win. "I told him (Barron) I wanted to help make his dream come true for him one day and here we are now. This is truly amazing."

Rallying Hamilton from a 24-10 deficit against Toronto also exorcised some demons for Burris, who pounded the ground after his latest win.

Named the CFL's outstanding player in 2010 with Calgary, Burris was replaced as starter the next year and dealt to Hamilton. Although Burris enjoyed the best season of his career in 2012 the Ticats struggled, posting a 6-12 record.

"It just seemed like all the demons of the past four years, what an organization threw at me and all the people have thrown at me, I was just letting them go," Burris said.

THE CANADIAN PRESS

Memories that last a lifetime

"It's all about giving your children and family an experience they will never forget."

Hamilton quarterback Henry Burris discussing the thrill of victory in the CFL playoffs

CFL awards

Sheets named top offensive player of week

Saskatchewan Roughriders running back Kory Sheets is the CFL's offensive player of the week after leading his team to a berth in the Grey Cup.

Sheets had a season-high 28 carries for 177 yards and scored a touchdown to help Saskatchewan defeat Calgary 35-13 in the West Division final.

THE CANADIAN PRESS

MLB

Mets break bread with H.O.V.A. to discuss Cano

Jay-Z, the new agent for Robinson Cano, had dinner Monday night with top officials of the New York Mets.

Chief operating officer Jeff Wilpon and general manager Sandy Alderson were among those there. The get-together also included sports agent Brodie Van Wagenen, but not Cano.

A five-time all-star second baseman, Cano is a free agent. He is seeking a 10-year contract for more than $300 million from the Yankees. Alderson said last week he doubted the Mets would offer any nine-figure contracts.

THE ASSOCIATED PRESS

Jay-Z GETTY IMAGES

Rivalry renews with 1st place on the line

Sidney Crosby and Alex Ovechkin will renew their rivalry Wednesday night when the Penguins visit the Capitals. THE ASSOCIATED PRESS FILE

Dan Bylsma remembers the uneasy feeling.

It was Game 2 of the 2009 Eastern Conference semifinals between the Pittsburgh Penguins and Washington Capitals when Sidney Crosby and Alex Ovechkin were going goal-for-goal.

"It felt like every time they got the puck, they were going to do something with it," the Penguins coach said. "It's nice to see when your guy has it, but when you see their guy doing the same thing, it ended up being (like) who's going to score last is going to win this game."

Crosby scored last as each of the NHL's top stars recorded a hat trick, but Ovechkin and the Capitals won the game. The Penguins won the series and went on to capture the Stanley Cup.

That was the height of the Crosby versus Ovechkin rivalry.

Concussion problems derailed Crosby, and Ovechkin needed to switch from left to right wing to regain his scoring touch, but Wednesday night they meet in Washington atop their games simultaneously for the first time in years, engendering plenty of nostalgia about the good old days.

Consider it a rivalry renewed as the Penguins and Capitals play for first place in the Metropolitan Division and Crosby and Ovechkin revive the debate about who is the league's best player. Ovechkin has 40 goals and 13 assists in his past 42 games dating to last season, when he won the Hart Trophy as NHL MVP, while Crosby has 19 goals and 42 assists over the same span.

THE CANADIAN PRESS

Jets stuck in holding pattern short of playoffs

THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca

The Jets' Dustin Byfuglien and the Flames' Mikael Backlund crash to the ice at the MTS Centre on Monday. MARIANNE HELM/GETTY IMAGES

Is there a more frustrating team in the NHL than the Winnipeg Jets? You never know what you're going to get out of this team, or who you're going to get it from on any given night. With all the supposedly budding firepower management has committed to on this roster, consistency of effort shouldn't be this big of a concern.

With each new season, this young roster should be maturing and improving, but it gets caught up with the same problems each time. Slow starts, strong efforts followed by poor ones, and an inability to close out challenging games playoff teams need to be winning. Sure, Monday night was the back end of consecutive game nights, but it was still a home game against the Calgary Flames in which the Jets scored four goals. They should have come away with the two points.

So far, the Jets have shown nothing different from the non-playoff teams they have been the past two years. They've shown nothing different than what the cursed Atlanta Thrashers franchise put on the ice. When is it going to change? When will the maturation take over? When does inexperience and growth stop being an excuse and start being a worry?

Evander Kane, who scored 30 goals in 2011-12 and would have taken another run at the benchmark last season if it wasn't shortened to 48 games, has a meager 13 points at the quarter mark. That's an Olli Jokinen level of production. Dustin Byfuglien has been scoring at a good pace for a defenceman, with 17 points in 23 games, but he'll just as soon turn around and make a terrible defensive blunder to allow a goal. Blake Wheeler has at times been Winnipeg's best player the past two years, but even he will follow up strong games with really weak ones. These are not characteristics of top players on playoff-bound teams.

Is it a culture problem, a coaching problem or a personnel problem? It could be all three. But it's time to start asking the tough questions because, whatever it is, there is clearly a problem in Winnipeg.

The time to justify this team's struggles as a growth period has passed. Yes there are still young players growing into their potential here, but if they grow up in a stagnant, losing environment, they may never reach it.

And that has to be the biggest concern of all in Winnipeg.

NHL

Kessel helps Leafs sink Islanders

Phil Kessel scored a pair of goals as the Maple Leafs beat the New York Islanders 5-2 on Tuesday for Toronto's second win in a row.

Trevor Smith, Mason Raymond and David Clarkson also scored for the Maple Leafs.

Casey Cizikas and Frans Nielsen replied for New York. THE CANADIAN PRESS

NHL

Flyers finally find wings, slug Sens

Kimmo Timonen had a goal and two assists, Steve Mason made 32 saves and the Philadelphia Flyers beat the Ottawa Senators 5-2 Tuesday night.

Claude Giroux, Sean Couturier, Wayne Simmonds and Adam Hall also scored for Philadelphia, which is 4-0-1 in its last five games after a 4-10-1 start. THE ASSOCIATED PRESS

World Cup skiing

Vonn crashes out during training

Reigning Olympic downhill champion Lindsey Vonn crashed while training ahead of her return to racing following major knee surgery.

U.S. Ski Team spokesman Tom Kelly said Tuesday that Vonn is being evaluated at a hospital after being taken off the slope at Copper Mountain, Colo., on a sled. Kelly said he is not sure whether Vonn hurt her surgically repaired right knee. THE ASSOCIATED PRESS

NBA

"Felt like it was '97 again and I was getting my first start as a pro."

Kobe Bryant who participated in his second full workout with the Lakers on Tuesday. He still isn't sure when he'll be back in uniform as he recovers from a torn Achilles tendon.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	20	14	6	0	64	50	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	21	10	9	2	52	45	22
Ottawa	21	8	9	4	60	67	20
Florida	21	5	12	4	46	70	14
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	20	7	10	3	52	57	17

Tuesday's results
St. Louis 4 Buffalo 1
Toronto 5 NY Islanders 2
Philadelphia 5 Ottawa 2
Nashville 2 Detroit 0
Boston 2 NY Rangers 1
Minnesota at Montreal
Chicago at Colorado
Columbus at Edmonton
Florida at Vancouver
Tampa Bay at Los Angeles

Monday's results
Boston 4 Carolina 1
Pittsburgh 3 Anaheim 1
Calgary 5 Winnipeg 4 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
St. Louis	20	14	3	3	70	47	31
Minnesota	21	13	4	4	55	44	30
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Wednesday's games — All Times Eastern
Minnesota at Ottawa, 7:30 p.m.
Pittsburgh at Washington, 8 p.m.
New Jersey at Anaheim, 10 p.m.
Columbus at Calgary, 10 p.m.

Thursday's games
St. Louis at Boston, 7 p.m.
Nashville at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Carolina at Detroit, 7:30 p.m.
Chicago at Winnipeg, 8 p.m.
NY Rangers at Dallas, 8:30 p.m.
Colorado at Phoenix, 9 p.m.
Florida at Edmonton, 9:30 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tampa Bay at San Jose, 10:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	8	3	.727	1½
Chicago	6	3	.667	2½
Philadelphia	5	7	.417	5
Atlanta	6	5	.545	3½
Charlotte	5	6	.455	4½
Orlando	4	6	.400	5
Detroit	4	6	.400	5
Toronto	4	7	.364	5½
Boston	4	7	.364	5½
Cleveland	4	7	.364	5½
Washington	3	7	.300	6
New York	3	7	.300	6
Brooklyn	3	7	.300	6
Milwaukee	2	7	.222	6½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1/2
Golden State	8	3	.727	1½
Oklahoma City	7	3	.700	2
L.A. Clippers	7	4	.636	2½
Houston	7	4	.636	2½
Dallas	7	4	.636	2½
Minnesota	7	5	.583	3
Phoenix	5	4	.556	3½
Memphis	6	5	.545	3½
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6½
Utah	1	11	.083	9

Tuesday's results
Washington 104 Minnesota 100
Detroit 92 New York 86
Miami 104 Atlanta 88
Boston at Houston
Phoenix at Sacramento

Wednesday's games — All Times Eastern
Indiana at New York, 7 p.m.
Washington at Cleveland, 7 p.m.
Brooklyn at Charlotte, 7 p.m.
Toronto at Philadelphia, 7 p.m.
Miami at Orlando, 7 p.m.
Detroit at Atlanta, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Utah at New Orleans, 8 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Boston at San Antonio, 8:30 p.m.
Sacramento at Phoenix, 9 p.m.
Houston at Dallas, 9:30 p.m.
Memphis at Golden State, 10:30 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

101ST GREY CUP

Sunday's game — All Times Eastern
Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION

Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result
Saskatchewan 35 Calgary 13

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2014 Honda Accord Hybrid

Review. Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ
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Nothing like a butt kicking to get you motivated. The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio—Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear. Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In EV mode the gas engine is shut down, and you get about two kilometres of pure electric driving. Hybrids typically have better city fuel efficiency ratings than their highway ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power. So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Accord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensated with more aluminum panels and suspension bits, and a special rear suspension.

The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion. If you need lots of cargo space, make sure you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for $29,590, the $35,690 Touring model is where you get navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

Compare

1. Ford Fusion Hybrid base price: $17,000
2. Hyundai Sonata Hybrid base price: $17,700
3. Toyota Camry Hybrid base price: $17,700

ABOVE PHOTO CONTRIBUTED

Battery pack

The 1.3 kW/h lithium-ion battery is located behind the rear seat, and is cooled by drawing in air from the interior. The pack sends electricity to the electric drive motor for pure electric drive (EV mode). The pack gets charged in two ways: when that drive motor goes backwards in "regeneration mode" under braking and coasting conditions, and by the generator spun by new 2.0-litre gasoline engine.

Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.

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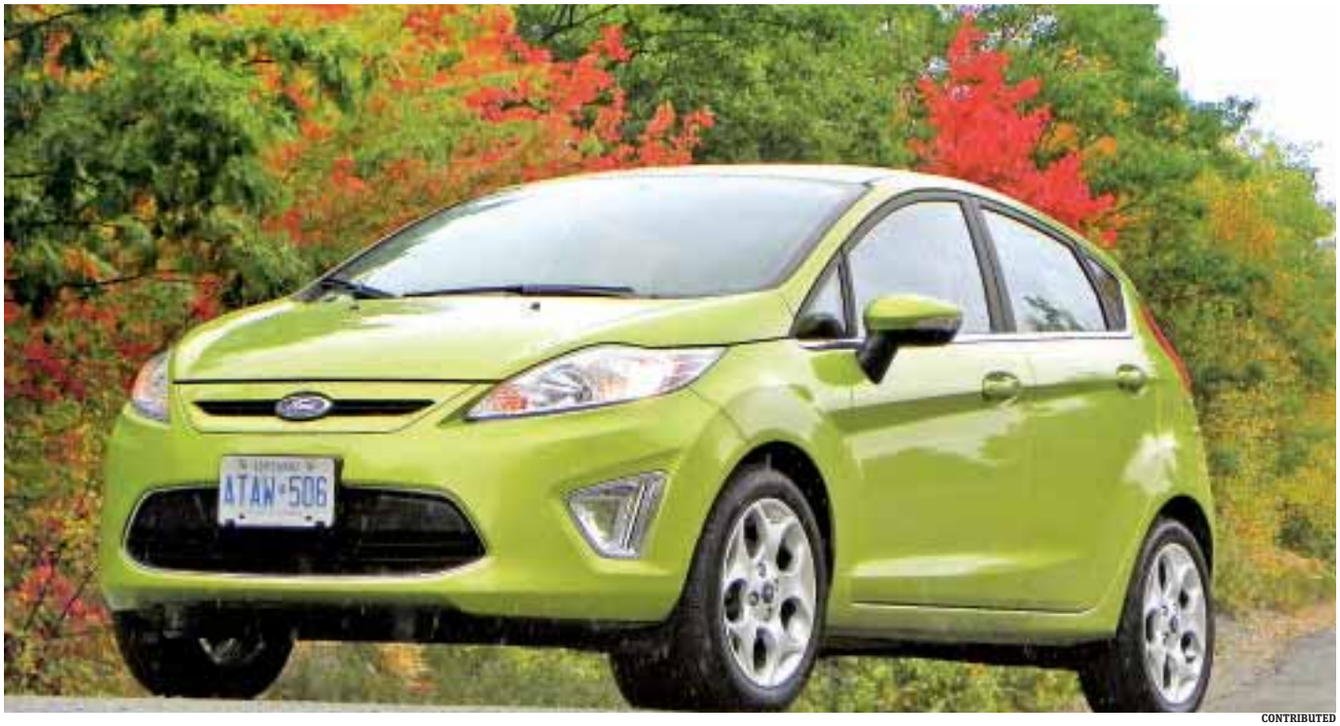
Fiesta loved for mileage and handling

Second gear.
2011-2013
Ford Fiesta

JUSTIN PRITCHARD
drive@metronews.ca

Fiesta hit the Canadian market in its most recent iteration for the 2011 model year, and has just been redesigned for 2014. Shoppers can check out the entry-level Ford out in hatchback or sedan configurations, with trim grades including S, SE, SEL and Titanium representing the ascension from basic to loaded, respectively. Feature content included Bluetooth, 16-inch wheels, heated seats, exterior thermometer, Ford Sync, fog lamps, USB audio inputs, cruise control, ambient interior lighting, capless refueling and more — depending on the model selected.



CONTRIBUTED

Common issues

Start your test-drive with a check of the transmission, ensuring the manual-equipped Fiesta shifts smoothly and is able to engage all gears smoothly. Note any clutch slipping and 'feel' for any signs of the transmission 'grinding' or biting back at you while shifting. Some owners have reported issues with the automatic 'dual clutch' transmission relating to hesitation and 'clumsy' operation.

Strange vibrations or rattling sensations may be signs of trouble. These issues may be remedied by a reprogramming of the computer that controls the transmission—though any gearbox-related issues should be addressed by a Ford mechanic ahead of your purchase. Confirm proper operation of the Ford Sync system, all steering-wheel mounted controls, and the used Fiesta's Bluetooth functionality, if equipped. Confirm proper operation of the air conditioner and climate blower fan on all speed settings.

What owners like

Owners tend to speak most highly about the Fiesta's fun-to-drive character, styling, and flexibility– especially on hatchback models. Solid build and ride quality, as well as great fuel mileage, are noted.

What owners dislike

Cramped rear-seat legroom, modest performance and a tight cabin for larger drivers are among the most common complaints.

Engine

All models got a 1.6 litre four-cylinder engine sending 120 horsepower to the front wheels. A five-speed manual or six-speed 'dual-clutch' automatic were available..

The verdict

Sporty handling, solid build quality and youthful styling — not to mention affordable hatchback flexibility on five-door models. The model looks like a solid used-car buy so far, though shoppers are advised to check for transmission issues for maximum confidence.

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Beautiful oxymoron that is the big Mini

Latest model. From tiny, ground-breaking beginnings the lovable small car has grown over time but it still has people transfixed

AUTO PILOT
Mike Goetz
drive@metronews.ca

The new-generation Mini just introduced this week at its production facility in Oxford, England, is the biggest Mini ever.

Yes, this is the era of the big Mini, and yes, it sounds oxymoron-ish, but what are you going to do? People like the Mini, they just don't want them actually "mini" anymore.

The design challenge for the original Mini was to make the smallest possible car that would still accommodate four adults and luggage. Designer Alex Issigonis struck upon the idea of using very small 10-inch wheels, all independent suspension, a transverse mounted engine driving the front wheels, and a gearbox and final drive built into the sump of the engine. So compact; so clever!

When it came to fruition, way back in 1959, it basically changed the course of automobile design. It was cheap, practical, roomy for its size, fuel efficient, could turn corners with the best of them, fun to drive, and looked distinctive and cool.

Over 5.2 million examples and variants, under various company names and nameplates, were eventually built and bought. When the last century came to an end, the Ford Model T was named "car of the century," but Mini was not far off the Model T's rear bumper, and was named second most important car of the last 100 years. The template of a transverse-mounted engine and front-wheel drive is still the most predominant way to build a passenger car.

Mini's modern re-boot began in 2001, when the first Mini built under BMW ownership and stewardship hit the market. And you have to admire the way BMW has guided the icon forward.

The old school was very popular for its practicality and character. BOTH IMAGES BMW

The new school has the character and all-round performance too.

The Mini unveiled this week is the "third" Mini by BMW and it closely follows the formula of the previous re-design: Modernize and make it slightly bigger, but not so much anyone would notice by looking at in isolation. Leave the styling and iconic shape pretty much alone, because, well, everyone is good with it, and there's a chance you could screw things up.

This new Mini, on sale first in Europe and by spring here, is the first vehicle utilizing BMW's new front-wheel drive platform (called UKL), which is also destined for the next BMW 1 Series. The biggest difference over the previous platform is the increased wheelbase (now 2,495 mm) and lighter weight through more use of high-strength steel.

Those two items alone should make Mini a better performer, but BMW promises lots of other goodies, including three new twin-turbocharged engines: the 136-hp 1.5-litre "three cylinder"; the 192-hp 2.0-litre "four cylinder"; and a 116-hp 1.5-litre "three-cylinder" diesel (no word on that diesel coming here).

Interesting new technologies include optional LED headlights, a permanently installed SIM card, electric steering, head-up display, camera-based cruise control and automatic braking if a collision is imminent.

This Mini is only about half a metre longer than the original one, but lots taller and wider. Apparently cargo capacity with the rear seats down is now more than 1,000 litres. Sounds like hot-tub territory to me, and for a Mini, a little big.

Traffic circles are a roundabout way to safety

Driving force. More popular in Europe, the circular one-way street is slowly creeping into Canada's infrastructure

JIL MCINTOSH
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While they've always been common overseas, roundabouts are rare in Canada, but more municipalities are starting to use them.

Also known as traffic circles, they keep vehicles moving smoothly and help eliminate "T-bone" collisions, which can be among the deadliest of crashes. "They're forgiving in their design, and they're good for the environment," says Cam Woolley, traffic and safety specialist for CP24. "They're so different from what we're used to experiencing."

Traffic moves counter-clockwise in the roundabout, and drivers enter on their left side, "the same as if you were merging onto a highway ramp," Woolley says. Your entrance to the circle will be marked with a yield sign.

As you approach, look to see where vehicles are in the circle, including cars that are approaching it and will also be entering. Although you'll be primarily looking to your left for oncoming traffic, always turn your head to the right, to make sure there aren't any pedestrians crossing in front of you. Traffic already in the circle has the right-of-way, and you must stop at the yield sign until the lane is clear. If there's no oncoming traffic, and it's safe to do so, you can enter without stopping first.

"At times, there may be three or four cars in the circle, with others entering," Woolley says. "Some people think that only one person is allowed inside (at a time) and they'll wait for that car to leave, but it's not the same as a four-way stop."

Once you're in the circle, continue driving counter-clockwise (to your left) until you reach your exit. On larger roundabouts, there will be a sign as you approach that indicates the streets on the circle, so you'll know in advance which exit is yours. You're required by law to use your turn signal when you enter and before you exit — turn it on as soon as you pass the last exit before yours — to let other drivers know your intention.

Unless you're braking to avoid a collision, never stop when you're in the roundabout. If you miss your exit, just continue around the circle until you come to it again. "You can stay in the circle as long as you want, but you can't reverse," Woolley says. "They're basically a one-way street in a circle."

Follow the roundabout rules; these can be a great addition to Canadian roads. JIL MCINTOSH

Follow the rules

- At a four-way stop, the first driver to arrive is the first to proceed. If two or more drivers stop at the same time, the right-of-way goes to the vehicle on the right.
- Any time you're turning, especially turning right at a light or stop sign, never move your vehicle until you've checked both ways for pedestrians.

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Horoscopes

♈ Aries
March 21 - April 20
Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

♉ Taurus
April 21 - May 21
Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

♊ Gemini
May 22 - June 21
However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

♋ Cancer
June 22 - July 23
There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

♌ Leo
July 24 - Aug. 23
You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

♍ Virgo
Aug. 24 - Sept. 23
You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

♏ Scorpio
Oct. 24 - Nov. 22
A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

♐ Sagittarius
Nov. 23 - Dec. 21
You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

♑ Capricorn
Dec. 22 - Jan. 20
You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

♒ Aquarius
Jan. 21 - Feb. 19
You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

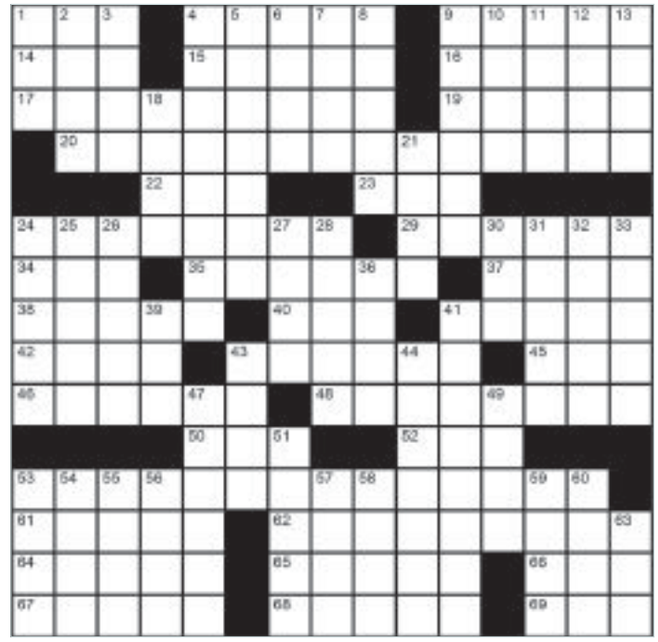
♓ Pisces
Feb. 20 - March 20
Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

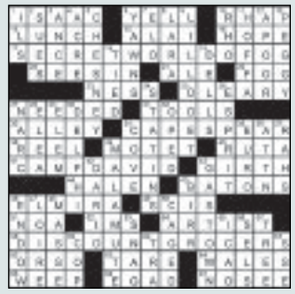
BY KELLY ANN BUCHANAN



Across
1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-__
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great __ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, __.de.ap
41. "Kung Fu __" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.
48. Biblical 12
50. The Who's "Love, Reign __ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom
67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

Down
1. H, in ancient Greece
2. Ho Chi __ City
3. Forearm bone
4. People line up for shots to avoid it: 2 wds.
5. "Wichita __": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. Singer of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK stands for, Laser in __ Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. __ history
21. Cardinal point
24. Janet __, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec near Montreal
27. Sports org. founded in 1906
28. 10th Greek letter
30. Ms. Lupino
31. Group on a Sunday talk show
32. Canadian impressionist, __-Philippe Gagnon
33. Beloveds
36. High-fiving sound
39. Antacid brand
41. Interests
43. Greeting card's inner message
44. Viral videos venue
47. Music style
49. Domesticated
51. "M*A*S*H" role
53. Russian river
54. Country singer's 2001 to 2007 sitcom
55. Wild guess
56. 'Grad' add-on (Degree getter)
57. Travelled by horse
58. Legendary star
59. Reverse
60. Discontinue
63. Place

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			6		9			7
	9		2		4		6	
		1				4		
		4	1		5	6		
1								9
		2	9		8	3		
		9				5		
	8		7		2		3	
7			8		1			6

Yesterday's Sudoku

1	2	6	4	3	9	7	5	8
5	4	9	8	7	8	1	3	2
3	8	7	5	2	1	4	9	6
2	7	5	9	4	3	8	6	1
8	1	3	7	6	5	2	4	9
9	6	4	1	8	2	3	7	5
6	3	1	2	9	7	5	8	4
4	5	8	3	1	6	9	2	7
7	9	2	8	5	4	6	1	3

Weather

TODAY	THURSDAY	FRIDAY
MAX: -11° MIN: -18°	MAX: -12° MIN: -12°	MAX: -3° MIN: -16°

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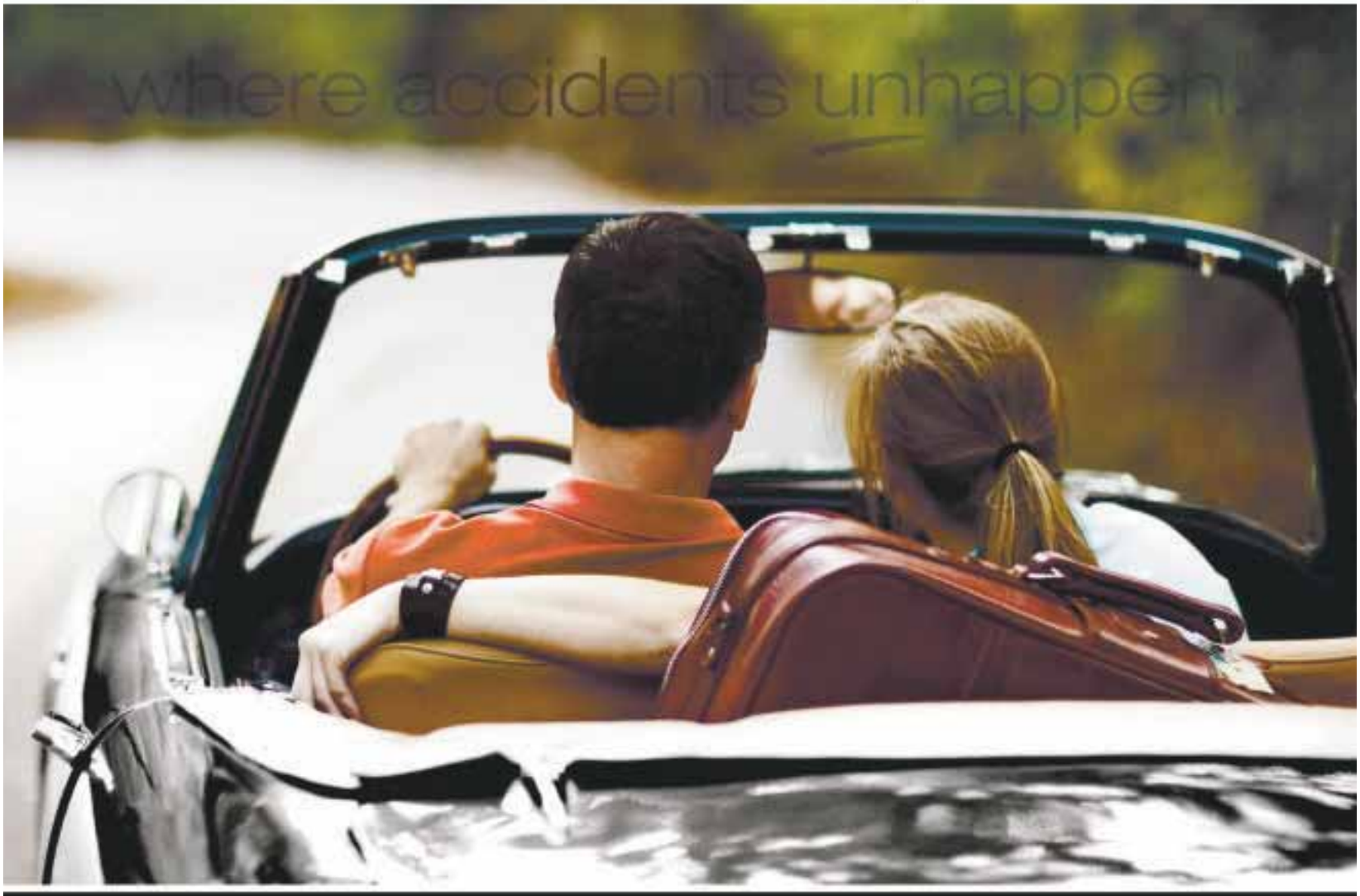

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